

NEDBANK RUNNING CLUB



Sandton Time Trial - 15 February 2023

Thank you to our timekeepers: Leanne

Ladies 5km TT

Name	Time
Karen Foaden	24:22
Lauren Treston	27:30
Renske Coetzee	36:35
Rina Gerber	36:35

Mens 5km TT

Name	Time
Dwayne Nzimande	23:10
Karl Azong	23:10
James van Biljon	27:50
Howard Feinberg	28:41
Stephen Gant	28:41
Grant Hallowell	28:41
Keanan Goodway (3km Walk)	30:20
Amos Maangwa	33:28
Kosie van Vuuren	33:32
Michael McLaggan	37:30

